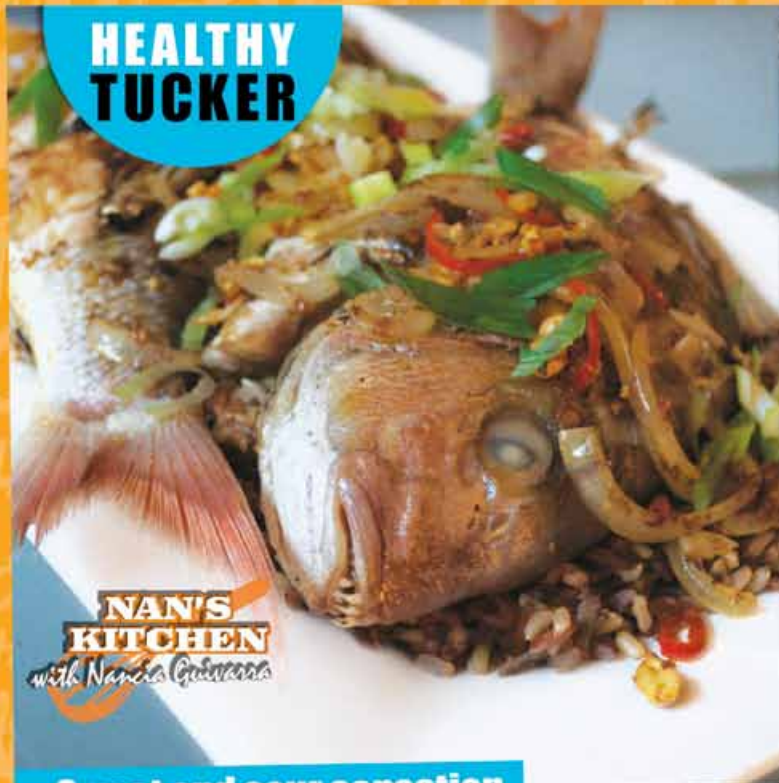


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**HEALTHY
TUCKER**

**NAN'S
KITCHEN**
with Nanda Quinlan

Sweet and sour sensation

I used to love eating tamarinds straight off the tree as a child. The pulp grows around seeds inside pods. When ripe, they have a sweet and sour taste that's popular among Islanders in Far North Queensland. I first came across this dish in Thailand, but it's so extraordinary I've adopted it as my own, adding tamarind to fried chilli fish. It's best to avoid fried foods but it won't hurt to eat them occasionally if you go easy on the oil – just stick to the measurements and use spray oil instead. You can buy tamarind paste in Asian or specialty food stores.

Chilli Tamarind Fish (serves 2)

INGREDIENTS

- * 1kg whole cleaned fish (such as snapper)
- * 1 can spray olive oil
- * 2 garlic cloves
- * 1 tsp finely chopped fresh or dried chilli
- * 2 tablespoons of tamarind paste
- * 1 tsp fish sauce
- * 100 ml vegetable stock
- * cooked brown rice, to serve

METHOD

- 1 Make about 3 or 4 cuts on each side of your fish. Season with salt and pepper to taste. Spray with olive oil for 3 seconds on each side.
- 2 Heat a frying pan until sizzling hot. Add fish and fry for 1 minute until crispy.
- 3 Turn heat down to low and cook for 10 minutes on one side. Turn over and cook for 4 minutes. Set aside.
- 4 Over medium heat, fry garlic and chilli for 1 minute.
- 5 Place all remaining ingredients into the pan and simmer the sauce for 3 minutes.
- 6 To serve, place fish on a bed of brown rice and pour sauce over it.

TAMARIND!

Tropical taste booster.

FOOD FOCUS



The tamarind is mostly a tropical food that grows well in warm and wet climates. It is believed to have originated in Africa, and the plant grows wild throughout the Sudan, but it has also been in India for so long that India is often mistaken as its native home. Tamarind fruit is shaped like a pod and as it matures, it develops a reddish-brown pulp. When ripe this turns into a sticky paste that has a much loved sweet/sour flavour and is rich in Vitamin C and calcium.

MY NAME

Did you know that the tamarind plant grows wild in parts of Africa?

Tamarind is a legume with a seed pod.


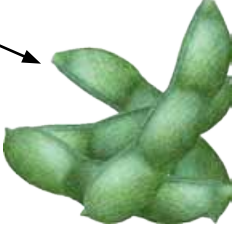


It is used in cooking all over the world.



ACTIVITY 1- MATCHING WORDS AND PICTURES IN THE LEGUME FAMILY

All of the foods below are legumes, which have a seed pod that we can eat.

Match the names of these legumes with the pictures. The first one has been done for you.

soy beans	
lentils	
peanuts	
peas	

ACTIVITY 2 READING AND WRITING A SENTENCE

Tamarind is a tropical fruit.

Cut the sentence into its words.

Tamarind	is	a	tropical	fruit	.
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Mix them up and match them with the words in the sentence.

Practise writing the sentence below.

Tropical means that the fruit grows in warm, wet climates.

Other tropical fruits that grow in Australia include bananas, coconuts, figs, mangoes, paw paw and pineapples.



Draw your favourite three (3) tropical fruits.

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ACTIVITY 4- SPELLING

Cut the word **tamarind** into its letter patterns.

Mix them up and put them back together.

t	am	ar	in	d
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Practise writing **tamarind** three times.

Cut the word **tropical** into its letter patterns.

Mix them up and put them back together.

tr	op	ic	al
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Practise writing **tropical** three times.
